



# The Hay Diet Made Easy: A Practical Guide to Food Combining

By Jackie Habgood

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Comprehensive and informative, this guide helps people with digestive problems to adapt their everyday eating pattern to the Hay diet.

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**The Hay Diet Made Easy: A Practical Guide to Food Combining** By Jackie Habgood Bibliography

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### Editorial Review

About the Author

**Jackie Habgood** is the author of *The Hay Diet Made Easy*.

### Users Review

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